

## Ask a Patient Health News July 10 2022

### Health News: July 10, 2022

- The U.S. Centers for Disease Control (CDC) announced an **increase in testing** capacity for the **monkeypox virus**. Labcorp Inc. has committed to processing 10,000 tests per week, which is double the current level. As of July 7, the U.S. had **700 confirmed cases of monkeypox**, which is the fourth highest number globally. So far, 7,954 cases have been reported in 57 countries. Germany, United Kingdom, and Spain have the three highest number of cases, with over 1,000 each.

<https://www.cdc.gov/media/releases/2022/s0706-monkeypox-labcorp.htm>

[U.S. Map](#) with case counts by state

[World Map](#) with case count by country

### Physical Fitness & Heart Health

- The CDC reports that in 2020, only one-fourth of adults met the 2018 federal physical activity guidelines for both **muscle-strengthening and aerobic physical activity**. The percentage meeting both guidelines was highest in adults living in central or fringe large metropolitan areas (28.0%), followed by those living in medium and small metropolitan areas (23.4%) and lowest in those living in nonmetropolitan areas (18.1%). The aerobic physical activity guideline was met if the respondent reported engaging in at least **150 minutes per week of moderate-intensity aerobic physical activity** or at least 75 minutes per week of vigorous-intensity aerobic physical activity, or an equivalent combination. The muscle-strengthening guideline was met if the respondent reported performing muscle-strengthening activities at least **2 days per week**.

[https://www.cdc.gov/mmwr/volumes/71/wr/mm7127a6.htm?s\\_cid=mm7127a6\\_w](https://www.cdc.gov/mmwr/volumes/71/wr/mm7127a6.htm?s_cid=mm7127a6_w)

- The American Heart Association (AHA) reports that **only one in five people** in the U.S. has **optimal heart health**. The AHA's cardiovascular health score is based on the eight essential components for ideal heart and brain health: diet, physical activity, nicotine exposure, sleep duration, body mass index, blood lipids, blood glucose and blood pressure. The study was published in the AHA's journal *Circulation*.

<https://newsroom.heart.org/news/only-1-in-5-people-in-the-u-s-has-optimal-heart-health>

- An upcoming **Agging Matters** podcast with host Cheryl Beversdorf focuses on "**functional fitness**." A recording will also be available after the live podcast at the same link.

Date and time: July 12, 2:00pm-3:00 pm

Topic: Functional Fitness

Guest: James P. Owen, Author of Just Move! A New Approach to Fitness After 50

<https://open.spotify.com/show/OHvZeXmoVAmtXmbQwBJVvM>



### Research News

- Public Citizen's *Worst Pills Best Pills* July 2022 newsletter reports that some **antipsychotics** elevate **breast cancer risk**. Researchers classified antipsychotic medications as having high, medium or low propensity to cause **prolactin** elevation. Prolactin is a hormone produced by the pituitary gland that helps trigger milk production in pregnant women and is thought to sometimes contribute to the development of breast cancer because it stimulates breast cell growth. Results were based on

analysis of commercial and Medicaid insurance claims from 2007 – 2016 and the study was published in *Journal of Clinical Pharmacology*.

Propensity Level	Generic Name	Brand Name(s)†
High	chlorpromazine*	generic only
	fluphenazine*	generic only
	haloperidol*	generic only
	loxapine*	generic only
	molindone*	generic only
	paliperidone*	INVEGA
	perphenazine*	generic only
	pimozide	generic only
	prochlorperazine*	PROCOMP
	risperidone*	RISPERDAL
	thioridazine**	generic only
trifluoperazine*	generic only	
Medium	iloperidone**	FANAPT
	lurasidone*	LATUDA
	olanzapine*	ZYPREXA
Low	chlorpromazine*	generic only
	aripiprazole*	ABILIFY
	asenapine*	SAPHRIS
	brexpiprazole*	REXULTI
	cariprazine*	VRAYLAR
	clozapine*	CLOZARIL, VERSACLOZ
	quetiapine*	SEROQUEL
ziprasidone**	GEODON	

†Brand-name combination products were excluded, and only oral brand-name products listed.

\*Designated as Limited Use by *Worst Pills, Best Pills News*

\*\*Designated as Do Not Use by *Worst Pills, Best Pills News*

The full text of the article is paywalled, but an abstract is available.

<https://www.worstpills.org/newsletters/view/1479>

- National Institute of Health researchers discovered that enteric viruses like the **norovirus** can grow in the salivary glands of mice and spread through their **saliva**. The virus has long been thought to only replicate in the gut and spread through contact with feces-contaminated surfaces or through fecal-oral transmission. Saliva-based transmission means that the virus can spread through food or beverage container sharing, kissing, and even talking or coughing. Norovirus is highly contagious and responsible for **gastroenteritis outbreaks** on cruise ships, schools, and other settings where people congregate.

Recently, more than 150 campers and river rafters in the Grand Canyon [experienced a norovirus outbreak](#). The study was published in *Nature*.

<https://www.newscientist.com/article/2326582-we-may-have-misunderstood-how-norovirus-and-other-gut-viruses-spread/>

- A University of California, Irvine study shows there is a strong relationship between prolonged exposure to low levels of **radon and lung cancer**. Radon gas in the air decays into tiny radioactive particles which can damage lung cells and lead to cancer. While mining operations today tend to involve lower exposures than in the past, the study suggests that even prolonged low level exposures at home or work increase a person's lung cancer risk. Findings were published in the online journal *Environmental Health Perspectives*.

<https://news.uci.edu/2022/06/14/uci-led-study-finds-prolonged-low-level-radon-exposure-still-a-leading-cause-of-lung-cancer/>

- University of Calgary researchers have found that space travel takes a toll on **astronauts' bone density**. The scientists traveled to Johnson Space Center in Houston, Texas to scan the wrists and ankles of the astronauts before they left for space, on their return to Earth, and then at six and 12 months post-return. "We found that weight-bearing bones only partially recovered in most astronauts one year after spaceflight," said Dr. Leigh Gabel, Ph.D., assistant professor in kinesiology, and lead author of the study. "This suggests the permanent bone loss due to spaceflight is about the same as a decade worth of age-

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related bone loss on earth." Spaceflight-induced bone loss varied between individuals and skeletal sites. Bone tissue is better preserved in the upper body than the weight-bearing lower extremities. The results were published in *Nature's* scientific reports.

<https://news.ualgary.ca/news/floating-space-might-be-fun-tbone-study-shows-its-hard-earthly-bodies>

## Heartburn & GERD Treatments

- People who try to stop taking acid-suppressing medications like omeprazole and other proton pump inhibitors (PPIs) often encounter "**rebound heartburn**" and end up having to re-start the medication, which is only meant to be taken short-term. *Peoples Pharmacy* readers share non-drug techniques that have worked for them. One person found relief by eating just one low carb meal a day.

<https://www.peoplespharmacy.com/articles/can-you-get-off-a-ppi-without-suffering-heartburn>

- A young doctor correctly self-diagnosed his own strange symptoms as **iron deficiency anemia**, but it took more than a year to find and fix the root cause of the problem. Turns out, a common GERD drug was the culprit. Taking **omeprazole (Prilosec)**, esomeprazole, rabeprazole, lansoprazole, or another **Proton Pump Inhibitor** for **acid reflux or GERD**? This doctor's story at Ask a Patient reveals potential side effects of the medications and may help patients avoid having to undergo invasive procedures and unnecessary tests.

<https://www.askapatient.com/news/strange-symptoms-iron-deficiency-anemia.asp>

## Heartburn



## Covid-19 News and Stats

- Many Covid treatments have **dangerous interactions** with other drugs, including some blood pressure, pain, and BPH medications like **Flomax. (tamsulosin)** Use the **University of Liverpool's drug interactions tool** to check on potential interactions. Find the Covid-drug (such as **Paxlovid**, Remdesivir, or Molnupiravir) in the drop down menu in the first column, add your co-medications in the second column, and the third column will display green (no interaction expected), yellow (potential interaction), or red (do not administer) results for each of the co-medications. In addition to Covid-19 drugs, the Liverpool Drug Interaction site features similar tools for **HIV**, **cancer**, and **hepatitis** drugs.

<https://www.covid19-druginteractions.org/checker>

- Most of the country is reporting moderate to high SARS-CoV-2 levels in wastewater according to CDC **wastewater surveillance** data. This chart shows the percent of samples at participating wastewater treatment plants with detectable SARS-CoV-2 in the last 15 days. 679 out of 752 sites (in red) had 80 - 100% of samples test positive. 28 out of 752 sites (clear circles) had no samples with detectable virus.



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<https://www.askapatient.com/news/newsletter-archive/>

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- As of July 6, 95% of the U.S. is experiencing **high or substantial** transmission rates of Covid-19, while conversely, the CDC's hospital admission rate-determined metric indicates 79% of the country are in "low or medium" community levels."

<https://covid.cdc.gov/covid-data-tracker/>

- The highly contagious "**BA.5**" **Omicron variant** now accounts for **53.6%** of virus transmission in the U.S. **Just three months ago, the variant known as BA.2 accounted for 70% of virus** in the U.S. **Now, BA.2 only accounts for 2.8%** of the virus circulating in the U.S. Chart showing how variants have changed recently:

<https://covid.cdc.gov/covid-data-tracker/#variant-proportions>

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